SIT DOWN, WELCOME TO TERRIFYING TELEVISION

THE TUBE HAS BECOME AN "AMERICAN HORROR STORY." PAGE 18

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Wednesday, October 9, 2013 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

FUZZ BUSTED

New York's finest. An undercover police detective was arrested for taking part in a violent biker gang assault on an SUV driver. **Just the facts.** He reportedly smashed out the rear window of the SUV during the attack. PAGE 02

Danny Trejo walks it like he talks it in 'Machete'

PAGE 17

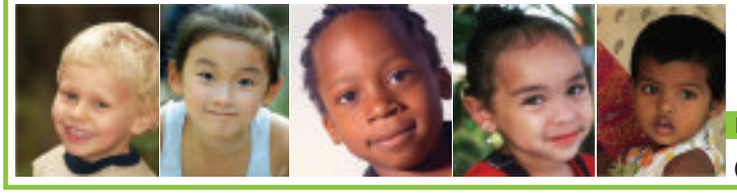
A$AP Rocky talks best designers (and weed)

PAGE 28

Does herpes give you the heebie jeebies?

PAGE 30

DO YOU NEED CHILD CARE?



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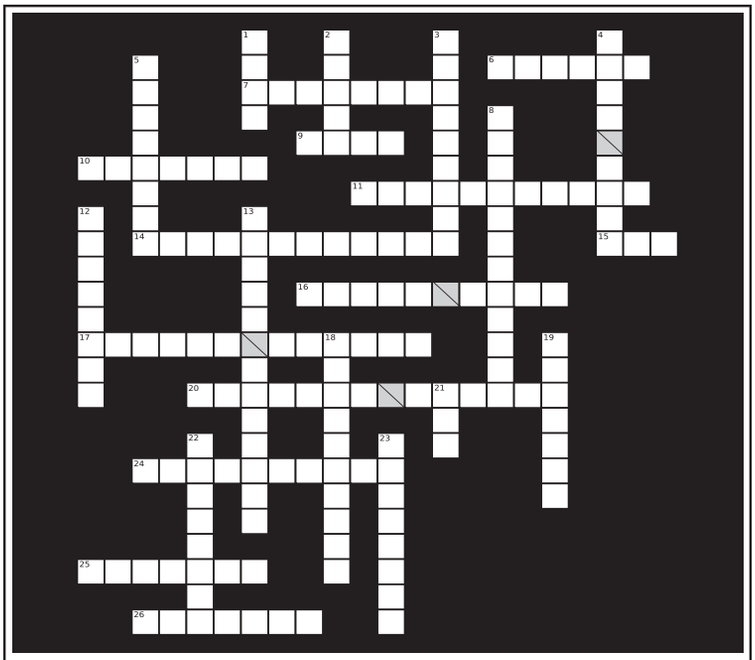
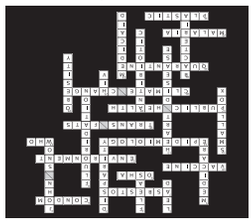


Today's Answers



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1. 100.4° 2. Soft 3. 11.3% 4. Boston 5. False 6. 14

Across

6. Form of contraception that is, other than abstinence, the most effective form of prevention against sexually transmitted diseases such as HIV.

7. Group of minerals used as fireproof insulation material. Unfortunately, the large fibers of this material can cause severe respiratory problems such as mesothelioma and asbestosis.

9. Also known as the Occupational Safety and Health Administration, a government entity associated with ensuring the welfare of workers in the United States.

10. Administration of a weakened or inactive virus, highly important in the global elimination of smallpox.

11. Where we live and breathe; we are only as healthy as this.

14. A field of public health that uses biostatistics to indicate possible trends and risk factors for health problems in the population.

15. Also known as the World Health Organization, a vast organization that provides leadership on global health matters and works within the United Nations (UN).

16. Additive found in many foods and known to predispose one to cardiovascular problems. Banned from foods in California and New York restaurants.
(2 words, e.g. xxxx xxxx)

17. Focusing on prevention, ensuring the health of entire populations.
(2 words, e.g. xxxx xxxx)

20. Worsened by the burning of fossil fuels, resulting in large changes in temperature and environment.
(2 words, e.g. xxxx xxxx)

24. A public health measure to reduce exposure to disease through isolation and mostly used as a last resort. Eliminating the ability for the individual to have a choice in the matter, this creates the debate of liberty versus security.

25. Spread by mosquitoes in the form of protozoan parasites, a deadly disease highly prevalent in Africa. Those who are genetically heterozygous for the Sickle Cell Disease trait are actually protected against this affliction.

26. Unbreakable material that replaced glass in many instances, leading to more durable containers. However, there are great environmental concerns over creating the product and whether chemicals can go into foods and liquids.

Down

1. Harmful metallic element found largely as a component of paint, poisoning has taken numerous lives since, even after it was banned from paint products.

2. Found on rats, the vehicle for bubonic or black plague that ravaged Europe during the 14th Century.

3. Inequity, a lack of equality that can lead to reduced health.

4. Considered by many to be the first epidemiologist in recorded history.
(2 words, e.g. xxxx xxxx)

5. Federal health insurance program for those over the age of 65. Primarily concerned with increasing access to health care and medication.

8. Public health initiative targeting water, which lowered the rates of cavities nationwide.

12. Viral infection, deemed by the World Health Organization in 1979 to be eradicated mostly through vaccination.

13. The leading cause of death in America. Risk factors include old age, high blood pressure, and smoking.
(2 words, e.g. xxxx xxxx)

18. Form of treatment against bacterial infection that can become ineffective through improper or overuse. Penicillin is an example.

19. One of the largest emerging public health issues worldwide and responsible for a variety of health afflictions including type II diabetes and heart disease. Approximately 1/3 of Americans combat this on a daily basis.

21. Retrovirus that can cause Acquired Immunodeficiency Disorder Syndrome. Transmitted through blood (i.e. blood transfusions, intravenous drug use) and sexual contact.

22. Unicellular organisms that can be beneficial or detrimental to the body; found in foods such as cheese and yogurt. Escherichia Coli (E. Coli) is an example.

23. Federal health insurance program for those below the poverty line. Increases access to health care and medication.

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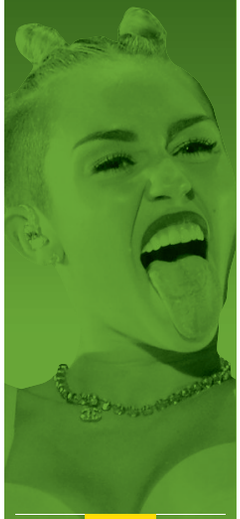
1. How high does your body temperature need to be to technically be a fever?
2. Is it best to use a toothbrush with soft or hard bristles?
3. What percentage of calories do American adults get from fast food?
4. In January 2013, what U.S. city declared a public health emergency due to approximately 700 cases of the flu?
5. True or false: During a heart attack, your heart stops.
6. How many 1.5 oz. chocolate bars would you need to eat to get the caffeine of one 8 oz. cup of coffee?

emblemhealth.com

1 NEWS



Top 3

What's trending online at Metro.us

1 'VIDEO: Construction workers react to 'Wrecking Ball"

2 'VIDEO: Nerd vs. geek rap battle goes viral'

3 'PHOTOS: Texas Spanish teacher in trouble for posing nude in Playboy'

Quoted

"This election isn't about resetting New York. It is about unleashing New York and allowing every New Yorker to reach their full potential."

Joe Lhota

Cop took part in biker gang highway assault

Undercover. A police detective was arrested yesterday evening for taking part in the vicious beating of a SUV driver.

Clips from a video showed that an undercover police officer helped in the attack. / NYPD

Edwin Mieses was a biker injured in the incident. / DIANA MIESES

Reports alleging that an undercover cop was not only a witness to the West Side Highway biker gang assault, but may have actually taken part, were apparently true, as the cop in question was arrested Tuesday evening.

Detective Wojciech Braszczok, 32, was arrested and charged with riot and criminal mischief. He was a 10-year veteran on the force and was working undercover at the time of the assault.

The NYPD would not provide information on Braszczok's undercover assignment.

NYPD spokesman John McCarthy previously confirmed a detective had been placed on modified duty, turning in his gun and badge pending an investigation by the Internal Affairs Bureau.

But new video allegedly surfaced which showed a then-unnamed undercover detective punching and shattering the rear window of the SUV belonging to Alexian Lien, contrary to earlier claims that he had no part in the attack.

NBC New York reported that the video shows the detective smashing the rear window of the SUV, but riding off before the actual assault ensued. Sources reportedly told NBC the detective has not been truthful with his superiors. In response to a query about the new video footage, McCarthy maintained that the investigation into the undercover detective is ongoing. Braszczok is the sixth person to be arrested in connection with this assault.

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

Criticism

The detective had reportedly been criticized for not notifying his superiors he had been at the scene of the assault until days after the incident took place.

Ride Organizer

Hollywood Stuntz speaks out about the attack

The biker known as Hollywood Stuntz responded to a week-old query about the New York City bike ride he apparently organized for Sept. 29 with a link to an interview he did with the website Global Grind.

Metro revealed Hollywood's real identity last week: Jamie Lao, a Brooklyn-based stunt biker. Lao has organized major rides in New York City for years, including a popular Hollywood Halloween ride of which there are several YouTube videos.

NYPD sources had said that the bikers involved in the West Side Highway biker gang assault on a Manhattan father, Alexian Lien, were in town for a bike ride organized by Hollywood Stuntz.

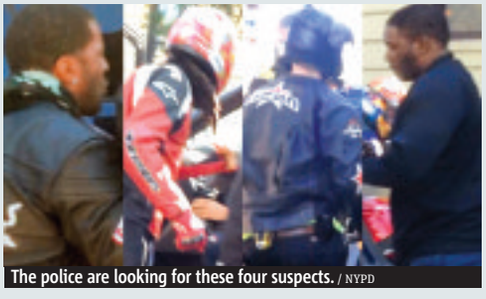
But in the Global Grind video interview, Lao claims that he had canceled his ride at the last minute due to overwhelming pressure from the police.

While there was plenty of evidence of a Hollywood Stuntz ride planned for Sept. 29 this year, from YouTube comments to Facebook and message board posts, Metro found no evidence of the ride having been canceled. The Wall Street Journal reported last week that Lao's neighbors had said about 100 bikers had showed up outside Lao's house on Sept. 29 and embarked on a ride en masse.

Ne w suspects

Police release new photos in West Side Highway biker gang assault

The NYPD released photos Tuesday of four new bikers wanted in connection to the Sept. 29 West Side Highway biker gang assault.



The police are looking for these four suspects. / NYPD

Various videos showing them participating in the assault in some way, police said.

The NYPD has asked that anyone with information about these four photos call the NYPD Crime Stoppers hotline at 1-800-577-TIPS.

In court

Another biker arraigned

Craig Wright, 29, was arraigned in Manhattan criminal court on Yesterday after his arrest Monday evening. Wright is facing felony gang assault charges.

Wright is accused of taking part in the biker gang assault on Alexian Lien. The assault itself took place just off of the highway on West 178th Street. According to the criminal complaint, Wright was one of several bikers who punched Lien through the driver's side window after it was shattered by another biker who beat it in with his helmet.

Wright is also allegedly seen on video stomping on Lien at least twice after a group of bikers dragged Lien from the car and threw him to the ground.

According to the criminal complaint, Wright confessed to police that he was the person seen in video and photos wearing a black helmet with spikes on it.

An informant apparently told a detective that she was present at the time of the assault and confirmed that the video and photos are accurate.

The criminal complaint specified that five or six people could be seen crowded around Lien while he lay prone on the ground next to his car.

So far, authorities have charged six people in addition to Wright. One other person was arrested but the Manhattan D.A. ultimately decided not to prosecute him.

Wright's next court appearance is scheduled for Friday, Oct. 11. His attorney did not respond to a request for comment on the arraignment.

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Bill de Blasio was introduced by Mayor Michael Bloomberg at the event. / GETTY IMAGES

Mayors hosts de Blasio and Lhota at CityLab

New leader. The two mayoral hopefuls spoke at a summit on best practices of running major cities.

In an event filled with symbolism — and some peacemaking — Mayor Michael Bloomberg hosted candidates Joe Lhota and Bill de Blasio at a summit on urban ideas.

"I hope the next administration will be so successful," Bloomberg said Tuesday at CityLab, a three-day summit featuring conversations on economic development.

During their speeches, Lhota and de Blasio both stressed income inequality as one of the biggest issues facing New York City.

Lhota said that expanding the economy with job creation was the best way to combat the disparity.

De Blasio said that income inequality could best be addressed with education reform, specifically with universal pre-kindergarten, which he would pay for using a modest tax increase for wealthy New Yorkers.

ANNA SANDERS
anna.sanders@metro.us

Rising to top

"Mayors want to treat everyone equally. Unfortunately we're born equal, but we don't end up that way." Joe Lhota

Election 2013

De Blasio talks pizza, housing on Reddit

Democratic candidate for mayor Bill de Blasio answered the Web's questions during on Reddit Tuesday.

His favorite pizza? "Di Fara Pizzeria in Midwood, Brooklyn," the candidate replied.

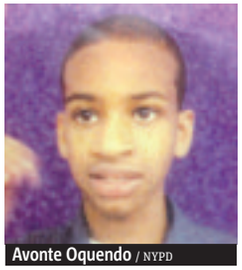
How would he get rent down? He said he would increase affordable housing by 200,000 units over 10 years. ANNA SANDERS

Queens. Cops search for autistic teenager

Police are asking for the public's help in finding a 14-year-old autistic boy who went missing in Queens last Friday.

Avonte Oquendo, of Rego Park, was last seen leaving Center Boulevard School in Long Island City about 12:40 p.m. on Oct. 4, police said. He is seen on video running from the school.

Oquendo's family is pleading for help in finding their son, is unable to communicate verbally.


Avonte Oquendo / NYPD

Anyone with information is asked to call NYPD's Crime Stoppers hotline at 800-577-TIPS. LAURA SHIN

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Hot property

NYPD cops nab robbers with Apple's 'Find My iPhone' app

Police officers cuffed armed robbers in East Harlem Monday morning using Apple's "Find My iPhone" application.

A couple leaving a Bronx night club around 3:15 a.m. were robbed by two men, police said. The robbers got away with two iPhones.

The robbery gun / NYPD

After interviewing the couple, Police Officer Clement Krug used Apple's "Find My Phone" application to trace one of the cells to East Harlem.

After arriving at East 120 Street and First Avenue, officers observed the suspects in their car.

The officers found a loaded firearm in the car, according to police.

Rochester, N.Y., resident Antoine Ross, 21, and Trevor Robinson, 22, of the Bronx were arrested and charged with robbery, criminal possession of a weapon and grand larceny.

The iPhones were found with the suspects.

ANNA SANDERS

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$12,000 REWARD
FOR HOMICIDE
VICTIM
BABY HOPE
On Tuesday, July 23rd, 1991, at approximately 10:45 A.M., on the Henry Hudson Parkway and Dyckman Street, an unidentified female 3-5 years of age was found in a wooded area inside a blue and white cooler. The cooler may have been placed there anytime between July 13th and July 22nd, 1991.
CALL: 1-800-577-TIPS
This is a sketch of "Baby Hope" that the NYPD distributed. / NYPD

NYC police identify the mother of 'Baby Hope'

Unsolved. The story of an unidentified young girl who was found murdered in 1991 shocked the city.

The New York Police Department has identified the mother of a girl who was found dead in a cooler in Upper Manhattan more than 20 years ago.

The girl, who came to be known as "Baby Hope," was found on July 23, 1991, inside a blue and white cooler in a wooded area near the Dyckman Street exit off the Henry Hudson Parkway. It was later determined that Baby Hope, estimated to be between 3 and 5 years old, was extremely malnourished and had been sexually abused.

Police reopened the cold case this summer, visiting the neighborhood where she was found and offering a $12,000 reward for any information leading to an arrest.

The police confirmed the mother's identity through DNA tests after they received a tip in July from a woman who said she believed that she knew Baby Hope's sister. The woman told the tipster that she had a sister who was killed 22 years ago.

The mother's name has not been released by police as the case remains a murder investigation. No one has been charged.

LAURA SHIN
laura.shin@metro.us

Looking for leads

Police reopened the 22-year-old cold case of "Baby Hope" on July 23, 2013.

- The unidentified girl, called "Baby Hope" by NYPD officers, was discovered in the woods inside of a cooler on July 23, 1991.
- The police canvassed the neighborhood looking for new leads this summer.

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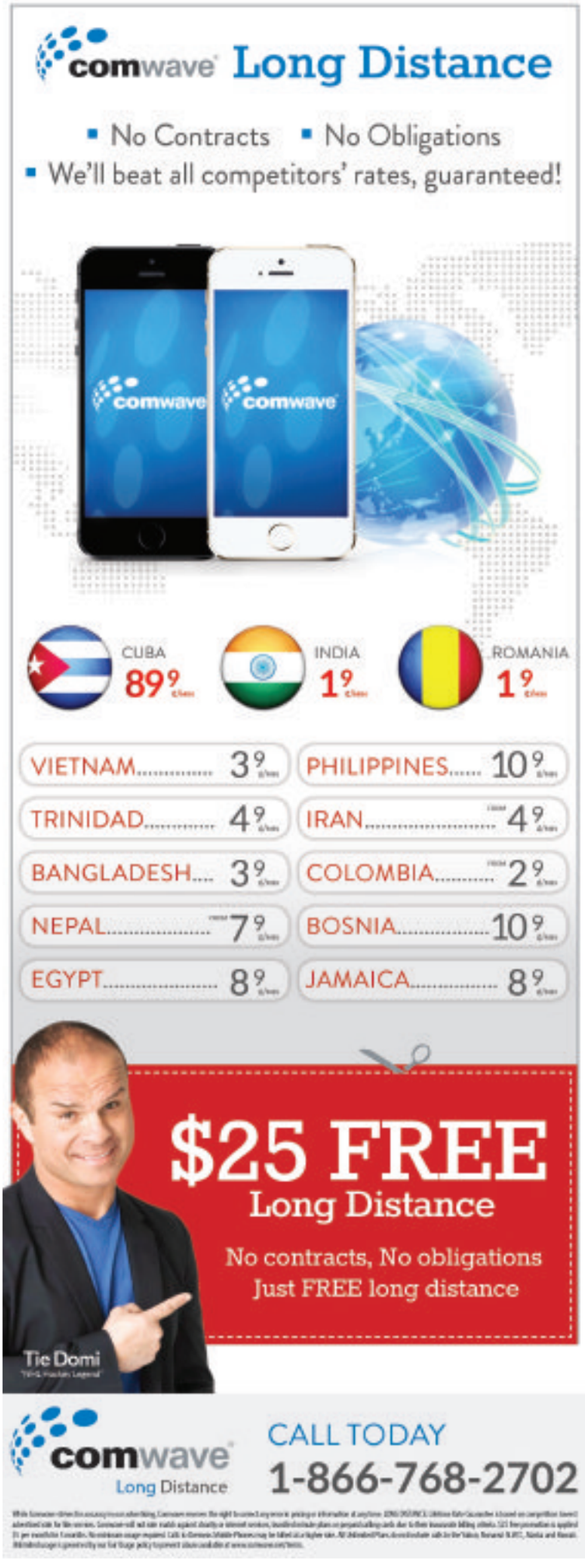

Tourists take photos at a barricade preventing access to the World War II Memorial. / GETTY IMAGES

Republicans offer new plan in fiscal standoff

Nerves. Investors are exhibiting increasing anxiety as the debt ceiling deadline approaches.

Republicans offered a new approach yesterday to resolve the federal fiscal standoff, proposing the creation of a bipartisan panel to work on deficit reduction and find ways to end the government shutdown and make recommendations on a debt-limit increase.

The proposal, which was quickly dismissed by Democrats, came as House of Representatives Speaker John Boehner and President Barack Obama spoke by telephone shortly after Boehner adopted a slightly more conciliatory tone in comments to reporters.

"There are no boundaries here. There's nothing on the table, there's nothing off the table," Boehner said after a meeting with House Republicans, making no mention of his recent demands to delay parts of Obama's health care law in return for approving funds to end the government shutdown.

In their phone call, Obama said he would be willing to negotiate with Republicans once the U.S. government is reopened and the threat of a default is lifted. **REUTERS**

Borrowing limit

$16.7T

The events offered rays of hope in a bitter fiscal stalemate that has shut down the federal government for eight days and threatens to prevent the raising of the country's $16.7 trillion borrowing limit before an Oct. 17 deadline.

The Benjamins

Fed ships new $100 bills

The Federal Reserve began supplying banks yesterday with billions of redesigned $100 bills that incorporate advanced anti-counterfeiting features.

The notes, which retain the image of American statesman and scientist Benjamin Franklin, include two new security features: a blue three-dimensional security ribbon with images of bells and 100s, and a color-changing bell in an inkwell, the Fed said in a statement. **REUTERS**

Today's winner

To enter your submission for the Metro Photo Challenge to win a trip to Ghana, go to **www.metrophotochallenge.com.**

'A fall evening in Philadelphia'

Miranda Nicole, Reading, Pa. Category: The sixth sense

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Boy who caught flight to Vegas previously stole car

The ease with which he got by security and onto a flight raised questions about airport procedures. / GETTY IMAGES

Incident. Las Vegas police took the boy into custody when the plane landed.

A 9-year-old boy who passed through security at Minneapolis-St. Paul International Airport and caught a flight to Las Vegas without a ticket had previously gained entry to a water park without a ticket and stolen a car, a local newspaper reported yesterday.

The boy is the son of a woman who works at the airport, and county child-protection staff have reviewed his family situation four times since December, according to an email from Janine Moore, area director of Hennepin County's Human Services and Public Health Department, which was obtained by the Minneapolis Star-Tribune.

Moore could not immediately be reached by Reuters for comment on the email, which the newspaper said was written on Monday and sent marked as private to county administrators and board members. Moore's email did not identify the boy.

The boy was able to get through security at the airport Thursday morning without a boarding pass and get on a Delta Air Lines flight to Las Vegas. His status was not discovered by flight crew until after takeoff, authorities said.

The boy rode to the airport Wednesday on the light rail system that runs from downtown, according to Patrick Hogan, a spokesman for the Minneapolis-St. Paul airport.

Hogan said the boy would not face charges in the incidents because of his age.

According to Moore's email, the boy had a history of taking the light rail without his parents to a suburb near the airport, where he would blend in with a large family to get into a water park.

Moore wrote in the email that the child had stolen a car two weeks ago and was arrested on a highway. **REUTERS**

Hollywood

Marilyn Monroe plastic surgery notes, X-rays up for auction

A physician's notes on Marilyn Monroe that indicate the sex symbol underwent cosmetic surgery will be up for sale next month along with a set of her X-rays, an auction house said yesterday.

The set of six X-rays and a file of doctors' notes that offer a partial medical history of the actress from 1950 to 1962 are expected to fetch between $15,000 and $30,000 at auction **REUTERS**

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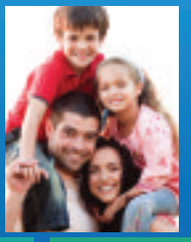

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White House

Obama to name Janet Yellen as next Fed chair today

President Barack Obama will nominate Federal Reserve Vice Chairman Janet Yellen today to head the U.S. central bank, a White House official said in an emailed statement.

Yellen, 67, would succeed Fed Chairman Ben S. Bernanke, whose term ends Jan. 31. She was the favorite in surveys of economists and had the backing of 20 members of the Senate Democratic caucus who signed a July 26 letter to Obama.

The announcement will come today during a 3 p.m. event at the White House, the official said. Bernanke will be present for the event.

BLOOMBERG

Town of Gazipur

Fire kills at least two people at Bangladesh garment factory

At least two people were killed yesterday evening in a fire at a garment factory in the Bangladeshi town of Gazipur, 40 km north of the capital Dhaka, a police official said.

Television news said that up to 10 people had died in the blaze, which originated in the knitting section of Aswad Composite Mills factory, a sister concern of Paul Mall Group.

A series of deadly incidents at Bangladeshi factories, including a fire in November that killed 112 people, has raised global concern for safety standards in the South Asian country's booming garment industry.

REUTERS

Ban on some Samsung gadgets to take effect

The ITC ruled that the Samsung devices infringed on portions of two Apple patents on digital mobile devices, related to the detection of headphone jacks and the operation of touchscreens. / GETTY IMAGES

Quoted

"After carefully weighing policy considerations, including the impact on consumers and competition, advice from agencies and information from interested parties, I have decided to allow the commission's determination."

U.S. Trade Representative Michael Froman

Change. Samsung says its newer models incorporate features that work around disputed technology.

Some older Samsung Electronics Co smartphones and tablets could be taken off store shelves in the United States after the U.S. Trade Representative opted not to reverse a ban ordered because the devices infringe Apple Inc patents.

The decision is the latest step in a patent battle across several countries as Apple and Samsung vie for market share in the lucrative mobile industry. Samsung and Apple are the No. 1 and No. 2 smartphone makers globally, respectively.

Neither the U.S. International Trade Commission (ITC), which made the patent ruling, nor the U.S. Customs and Border Protection, which would enforce the ban, has spelled out which of Samsung's many devices will be affected.

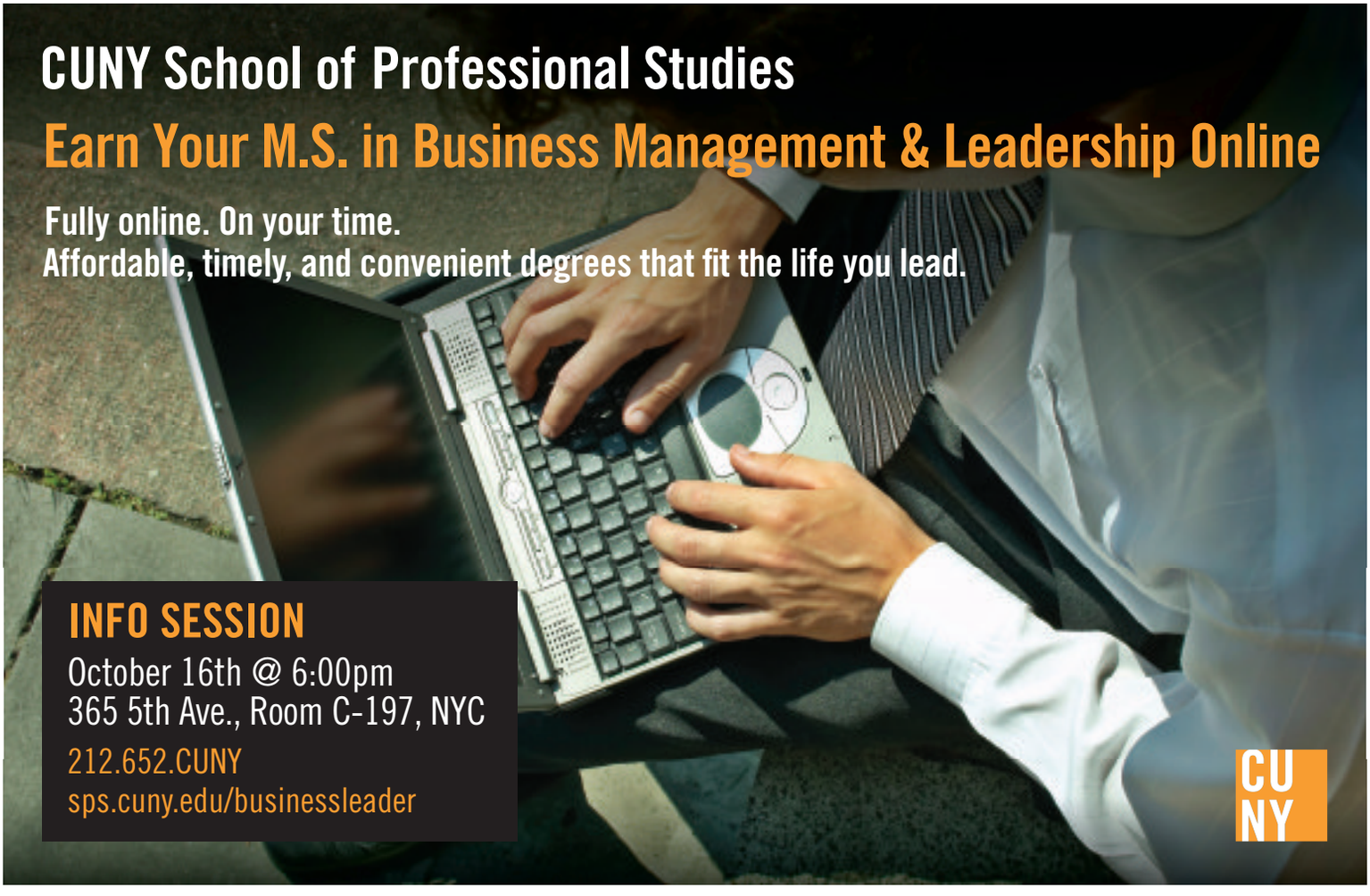
The ITC said on Aug. 9 that some smartphone and tablet models made by South Korea's Samsung infringed on Apple patents, and banned their importation or sale.

Apple filed a complaint in mid-2011, accusing Samsung of infringing its patents in making a wide range of smartphones and tablets. REUTERS

Quoted

60

U.S. Trade Representative Michael Froman had 60 days to overturn the ban, as he did in a recent case where Apple was found to have infringed on a Samsung patent, but decided not to.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Physics. Two share Nobel prize for Higgs boson predictions

Britain's Peter Higgs and Francois Englert of Belgium won the Nobel Prize for physics for predicting the existence of the Higgs boson particle that explains how elementary matter attained the mass to form stars and planets.

The insight has been hailed as one of the most important in the understanding of the cosmos. Without the Higgs mechanism all particles would travel at the speed of light and atoms would not exist.

Half a century after the scientists' original prediction, the new building block of nature was finally detected in 2012 at the European Organization for Nuclear Research (CERN) centre's giant, underground particle-smasher near Geneva.

"I am overwhelmed to receive this award," said Higgs, who is known to shun the limelight and did not appear in public yesterday despite winning the world's top science prize. REUTERS

Science and stuff

The Higgs boson is the last piece of the Standard Model of physics that describes the fundamental makeup of the universe. Some commentators — though not scientists — have called it the "God particle," for its role in turning the Big Bang into an ordered cosmos.

- Higgs' and Englert's work shows how elementary particles inside atoms gain mass by interacting with an invisible field pervading all of space — and the more they interact, the heavier they become.

Quoted

"According to the Standard Model, everything, from flowers and people to stars and planets, consists of just a few building blocks: matter particles." Royal Academy of the Sciences

Dissident detained

Putin critic sentenced to pysch ward

A Russian court ordered a critic of President Vladimir Putin confined to a psychiatric ward indefinitely over clashes with police at a protest, a ruling likened by rights activists to abuses of psychiatry during the Soviet era to jail dissidents.

Mikhail Kosenko, who had undergone outpatient psychiatric treatment before his arrest, was among more than two dozen accused of rioting at a protest in Moscow on the eve of Putin's inauguration to a new six-year term.

They are held up by the opposition as victims of a Kremlin crackdown on dissent. Critics accuse Putin of using the courts to sideline opponents since he rose to power in 2000, citing the imprisonment of former oil tycoon Mikhail Khodorkovsky and members of punk group Pussy Riot. REUTERS

Turkey lifts head scarf ban in public institutions

Turkey lifted a ban on women wearing the Islamic head scarf in state institutions yesterday, ending a generations-old restriction as part of a package of reforms the government says are meant to improve democracy. The ban, whose roots date back almost 90 years to the early days of the Turkish Republic, has kept many women from joining the public work force, but secularists see its abolition as evidence of the government pushing an Islamic agenda. The new rules, which will not apply to the judiciary or the military, were published in the Official Gazette and take immediate effect in the majority Muslim but constitutionally secular country. The debate around the head scarf goes to the heart of tensions between religious and secular elites, a major fault line in Turkish public life. Prime Minister Tayyip Erdogan's critics see his AK Party as seeking to erode the secular foundations of the republic built on the ruins of an Ottoman theocracy in 1923. REUTERS / GETTY IMAGES

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Kelly Osbourne lives in a violent home, Tom Arnold has some tips for new parents and Judd Apatow insists he doesn't have a problem.

@KellyOsbourne: I have been punched in the face by men but nothing has hurt more than being head butted in the jaw by my bulldog William! my teeth even hurt

@TomArnold: Put a very comfortable day bed in your son's nursery because he'll be in your bed with mom and that's where you'll be watching Sports Center

@JuddApatow: Leslie is searching for hoarder experts for me. I think she is overreacting. I will definitely get to that issue of Time Magazine from 98.

Her wax will go on

Madame Tussauds New York unveiled Celine Dion's wax figure in the heart of Times Square on Tuesday. The famed Late Show's Gospel Choir sang Dion's new single "Loved Me Back to Life" at the event. For her part, Dion was not there — or was she?!

Talking point

It's over for one Kardashian kouple

Officially confirming what we all suspected, Bruce and Kris Jenner announced their separation on Tuesday evening. "We are living separately and we are much happier this way," the pair told E! News in a joint statement. "But we will always have much love and respect for each other. Even though we are separated, we will always remain best friends and, as always, our family will remain our No. 1 priority." That's a lovely-sounding statement, but Jenners, please, we've seen your marriage play out on TV for the last few years – no need to sugarcoat it. You're both horrible people and that's why people tune into the show.

Today in Hollywood baby news

Drew Barrymore tells Jay Leno, "I want to be the Griswolds," referring to the "Vacation" family.
ALL PHOTOS GETTY IMAGES

When the celebrities themselves are too boring to write about (or are Miley Cyrus), The Word must turn to their spawn. Here's what's shaking in the land of Hollywood coochy coochy coo:

Halle Berry and Olivier Martinez have picked a name for their newborn son, and it's Maceo Robert Martinez, according to E! News. "They chose it because it means 'gift from God,'" a source says. "Olivier wanted to give a nod to his Spanish roots. They picked the name a while ago. They love it." In a quick survey of Metro employees, we all collectively shrugged our shoulders and went about the day when we heard the name. Call us when you name your kid Lupus, Berry.

Drew Barrymore's first child, daughter Olive, may just be a year old, but Barrymore is ready to do the whole pregnancy thing again, telling Jay Leno during an interview that she and husband Will Kopelman "very much" want another baby — and "right away," if possible. "I grew up as an only child, and although that really works for some people and for some parents, that's the way they want to do it. I want to be the Griswolds," she says. "I want the kids in the back rolling their eyes at mom and dad. I want Rusty and Audrey, theme parks and the whole nine."

Kate Hudson and fiance Matt Bellamy have been engaged for more than two years but have yet to set a wedding date — which is apparently a problem for Hudson's older son, 9-year-old Ryder, who has been applying "a little bit" of pressure on the actress to walk down the aisle. "I think he looks forward to more the party than the actual idea of us getting married. He apparently wants to wear a neon green tux," Hudson tells Ellen DeGeneres during an interview. "He loves neon green. He wants to wear neon green with black. That's pretty cool. He's a bit of a fashion boy."

THE WORD

Dorothy Robinson takes on the world of gossip.

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COLIN HANKS

The actor talks about embracing authenticity in the JFK docudrama "Parkland."

WHO KILLED THE KENNEDYS?

Colin Hanks joins a massive ensemble cast to relive the assassination of JFK and the days that followed in "Parkland," coming out as the 50th anniversary of the event itself approaches. The film gave Hanks a unique view on history and, as the chief surgeon on duty at Parkland Memorial Hospital that day, a chance to play doctor.

It's got to be an interesting challenge playing for this kind of historical accuracy.
The whole goal of this was to show it as it really was, not to play up the importance in that, "Here's this incredibly important day that people will talk about for the next century or the next 40 or 50 years." We were really playing the importance of, "This is happening right now." The whole point of this film is to look at those moments that have been overlooked.

In your research, what surprised you?
Well, I mean there's tons of stuff. The idea that the same doctors were on call when Kennedy and Oswald were brought in, I had no idea. That they even brought them to the same hospital, those kinds of things. Those little moments of history I think are really the most fascinating.

You were shooting in a very confined space.
We had 25 people in a small room. And two of them were holding cameras and there was a boom operator and that was it. ... But again, we were just focusing on those real moments. It sounds redundant because you always try to do that ... but this one was a different kind of acting.

NED EHRBAR
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Conspiracy theories

How much discussion was there on the set about the conspiracy theories or the Oliver Stone side of things?
None. You know, obviously I was only there for a small portion of the filming. It was almost like we were making our own different films and we sort of threw them all together. I think the goal and purpose that we had was to be so focused on these three days [that we didn't] think about anything else.

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On playing a punk

Interview. Joel David Moore talks playing a punk god in the new film "CBGB."

Hiding under a huge wig, dark shades and a leather jacket, Joel David Moore — of "Dodgeball" and "Avatar" fame — gets in touch with his own skate-punk roots to play Joey Ramone in "CBGB," a film tribute to the NYC rock club's genesis.

How much of the role was just about the look?
That was a big, giant part of it. I had a lot of valuable resources to look at. You don't get to meet Joey, because obviously he's dead, but you have the entire public awareness of him. There was no casual arrogance with Joey Ramone. He was a very, very smart guy.

Could a movement like this happen again?
Not in the same way. I think the punk movement was a movement of a bunch of people, and social media allows for movement of certain people. Justin Bieber blew up from social media. ... Now he has 45 million followers. He can do what he wants. It's switched places. Back then it was a grass-roots movement of people, and now it's movements of persons, one person at a time getting famous.

Joel David Moore does his best Joey Ramone in "CBGB." / GETTY

MATT PRIGGE
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Bonus question

What's the most punk rock thing you've ever done?
How punk rock? I mean, I've jumped out of a plane. That's pretty badass. But punk rock? When I was a kid in Oregon ... a friend of mine wanted to sell me a car — this is terrible — and I knew it was stolen. I was probably 16 and he was 14. I got in and there was a f—ing screwdriver in the ignition. And he was like, "Give me $200 for this." I was like, "I'm 16, where am I going to get $200?" And he goes, "OK, give me, like, $20 for it." I was like, "Dude, this is totally stolen." But because we're in this rebel mode of our lives, whether it's rebelling against our parents or rebelling against society or whatever, I was like, "F— it," and I took the car and we drove around all night.

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Tussling with Mel Gibson

Interview. Danny Trejo didn't want to sword fight with William Wallace in "Machete Kills."

Danny Trejo reprises his Federale badass hero in "Machete Kills."
GETTY IMAGES FOR EXTRA

LIZ BROWN
letters@metro.us

There's a reason Danny Trejo is usually cast as a badass. With his craggy face, ponytail and chest tattoo of a woman in a sombrero, he doesn't simply have the look for these roles, he's got a résumé of hard living to draw from. Highlights include past drug addiction and multiple stints in prison. He spent time in San Quentin in the 1960s and at one point during a riot threw a rock that struck a prison official — during that time a gas chamber-worthy offense.

But Trejo has come a long way from those dark days. "Machete Kills" — the sequel to "Machete," his first leading role — sees Trejo (aka Machete) in the employ of the quippy U.S. President (Charlie Sheen). His mission? To shut down a psycho billionaire arms dealer (Mel Gibson) intent on blowing up the world. A 12-step program followed by a series of serendipitous events led Trejo to this new life — it's a change he attributes to the "grace of God."

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing," he says. At 69 years old, Trejo's interests have moved from prison brawling to golf and his rescue dogs.

When we caught up with Trejo, he was supervising a team of workers installing a driving range in his backyard.

"I'm doing a sitcom with George Lopez right now called 'Saint George,' and he gave me a set of golf clubs so it's like, 'Let's learn how to golf,'" he says.

There's a pause, a crash and raucous barking.

"Hey! You stop that!" he shouts.

In another minute, he's back on the line.

"I have the most disobedient dogs in the world. I've got six of them. I just rescue them. I think they were all going to the gas chamber, too," he laughs.

For all his tough guy swagger, Machete isn't invincible. "I had a sword fight with Mel Gibson in this movie, and when Robert Rodriguez said 'action,' I threw my sword down and he said, 'What's wrong, Danny?' And I said, 'I'm not fighting William Wallace. Come on, he saved Scotland! Are you crazy?'"

Taking it to the set

One-two punch

While doing time in San Quentin, Trejo won the lightweight and welterweight boxing titles.

Also, his first role came about through someone he met at a Narcotics Anonymous meeting in 1985. That person took him to the set of "Runaway Train," where he was offered a role as a convict extra. He also trained some of the actors on the set in boxing for $350 a day.

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Why we love to be scared

TV. What all the frightening shows on the tube really say about our darker needs.

'Tis the season for all things that go bump in the night and, if your TV Guide is any indication, it's also the year for it.

There's been a noticeable shift in the medium — where horror used to lurk almost entirely at the box office, we're seeing a large influx of spooky, scary and sometimes downright disturbing programs on television. From long-running shows like "Dexter" (R.I.P.) to newer fright fests like "American Horror Story" (its third season premieres tonight!) "Bates Motel" and "Hannibal," there's no denying that viewers have developed an appetite for TV with darker inclinations.

This begs the question: Why do we love to be scared? And why now, seemingly more than ever? The world is a scary place, and the truth is too often more disturbing than fiction. Why, then, is there an expanding market for shows designed to horrify?

According to Dr. Robert Kraft, a psychology professor at Otterbein University, it's innately human.

"The world has always been a scary place and people have always enjoyed terrifying stories — from the myths of ancient Greece through ... contemporary stories of horror," he says.

However, he agrees that there's been a recent shift.

"One change has been the increasingly realistic depiction of graphic violence. More than half a century ago, the famous shower scene in Hitchcock's 'Psycho' never showed the victim getting stabbed. Today, that scene would be shot with multiple gory close-ups of the actual stabbing. Another change has been the migration of graphic, violent stories from the movies to television," he says.

Even shows not expressly designed to be scary (dramas like "Breaking Bad" or new FX crime thriller "The Bridge") depict gore and violence that would have been deemed unairable not so long ago. Meanwhile, shows like "Criminal Minds" give viewers a chilling peek inside serial killers' psyches.

"People watch disturbing, gory shows for the excitement, the vicarious experience of violence, the strong emotions and the ultimate resolution of the conflicts," says Kraft. "Many follow a familiar trajectory that allows people to be scared while also knowing that there will be a clear resolution."

In other words, it allows us to control our real world fears.

Media psychiatrist Dr. Carole Lieberman agrees. "When the murder and mayhem on TV is over, we can turn it off and feel safe," she says.

Kevin Howley, a media studies professor, sums it up. "These shows offer viewers a vehicle to explore the dark side in relative safety and security."

ALEXANDRA CAVALLO
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On "Hannibal," the gore is disturbingly realistic. / NBC

Quoted

"In general, people watch disturbing, gory shows for the excitement, the vicarious experience of violence, the strong emotions and the ultimate resolution of the conflicts."

Dr. Robert Kraft, a professor of psychology at Otterbein University

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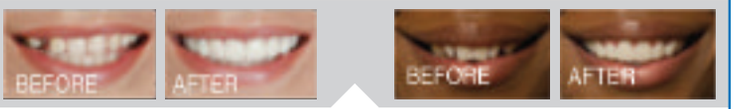

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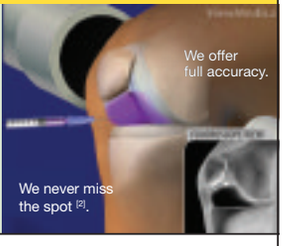

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The Bastard of burlesque

MC. Without so much as loosening his tie, this host steals the show.

Booking Chelsea's Metropolitan Room twice monthly, The Sophisticates burlesque show never fails to seduce the crowd. Yet the cast member who often shows the most cheek is not a dancer, but emcee Bastard Keith. Though he sings and jokes between acts, his best moments are often unscripted asides ("You just skipped in stilettos on carpet; that's a recipe for a broken ankle, young lady!"). And it just so happens that he also co-founded The Sophisticates with his wife, headliner Madame Rosebud. We spoke with the self-proclaimed "gadabout" after a scintillating performance.

For the complete interview with Bastard Keith, far left, with bonus answers from Madame Rosebud, visit Metro.us. / CLIFFTON CREQUE JR.

You called the show "elegant, glamorous filth." Is that the best way to describe all burlesque?
Oh, I say all sorts of things. But that sounds about right. When the show falters, it's usually because I get the balance wrong: not elegant enough, too filthy. But you'd be surprised how much filth you can get away with when you've got the mix right. Good filth is respectful of its audience, particularly women. The male gaze can suck it. This show is about revering women — and, when we have boylesque performers, about appreciating male beauty.

Do the acts often change?
Since we have such a large and talented rotating cast of performers, it's never the same show twice. Even if we had the same lineup, the acts would be different. I'm consistently amazed at the depth and breadth of talent I get to work with.

Booze and burlesque: At Metropolitan Room they seem to go hand-in-hand.
I don't think I've ever seen a burlesque show at a dry venue. I'm sure it's possible, and it MUST happen somewhere, but I've never seen it. I just think that people going to burlesque are looking to cut loose a little. I'll often have a nip of scotch before singing. But that's a completely technical vocal thing — obviously.

Lovely and lewd

Do you play favorites?
Peekaboo Pointe does a sailor act to "Nobody Does It Better" that is so luminously great that Rosebud and I asked her to perform it at our wedding. It's so upbeat and lovely and lewd and perfect. I've never seen it not destroy. I can say that act means a lot to me.

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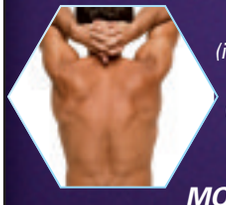

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Priciest

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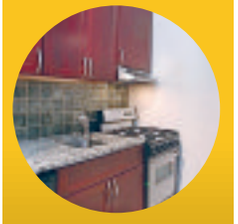
The most expensive property to hit the market this week is a co-op located at 998 Fifth Ave. Marketed by Sotheby's International Realty, this five-bedroom, five-bath duplex features corner exposures, fireplaces, a private master suite and all-luxury finishes and appliances.



Cheapest

$254K

The least expensive listing to come on to the market this week is studio at 509 E. 88th St. Marketed by CitiHabitats, this co-op has recently been renovated and features exposed brick and a separate kitchen.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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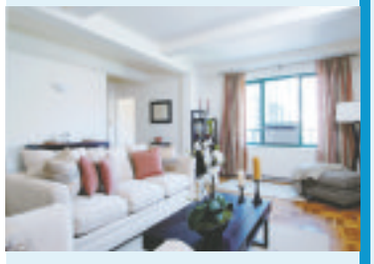

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A new residential boom in Queens

Large new residential projects slated for LIC include a 98-unit project at 45-46 Pearson St. and a 40-story tower near Queens Plaza. / GETTY IMAGES

Real Estate.
Manhattan developers venture into the borough.

New York City's new development activity has long been focused on Manhattan and Brooklyn. But with home prices on the rise in Queens, major developers are now venturing into the borough for the first time.

Over the next three years, Queens is slated to see the construction of more than 8,000 units of new residential housing, according to estimates from the brokerage Aptsandlofts.com.

Using records from the city's Department of Buildings as well as news reports and information from sources, we identified more than 60 new apartment buildings in the pipeline for the area. While most are in Long Island City, neighborhoods like Astoria, Ridgewood and Flushing are also seeing residential construction.

Developers are increasingly drawn to Queens — and especially Long Island City — because large development sites are still available there. Plus, home prices are rising as new restaurants and stores appear, said Mitchell Hochberg, president of Lightstone, which is currently leasing its 12-story, 199-unit Gantry Park Landing project in Long Island City.

"Long Island City in particular has both the infrastructure and the scale to be a real neighborhood that people want to live in," Hochberg says. "Add in the easy commute [to Midtown] and the affordability factor, and you have a very exciting alternative to Manhattan." KATHERINE CLARKE

Perfect conditions

Why Queens?

The availability of sizable development sites zoned for large-scale development is key to the increased construction activity. In established Manhattan and Brooklyn neighborhoods, there are few large development sites left, industry experts say.

"If you want to build a 300-unit building, it's tough to do that in a place like Williamsburg today," says Josh Zegen, a co-founder of the commercial real estate investment firm Madison Realty Capital, which has financed several new developments in Queens in recent months. "In Long Island City, you can do that because you don't have the same height restrictions."

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Know the facts

Outside of LIC

There are fewer big-name developers active. One exception is Manhattan-based Silverstone Property Group, which is constructing a 14-story, 89-unit rental building at 92-61 165th St. in Jamaica. In addition, the Rockefeller Group and TDC Development and Construction are planning an $850 million mixed-used project in Downtown Flushing. The project, dubbed Flushing Commons, will include 620 residential units. Vornado Realty Trust also has plans for a 314-unit residential building above its Rego Park shopping mall.

Relying on rentals

Most of the major new developments in Queens right now are rentals, which developers see as the best fit for the neighborhood's population of young professionals, Hochberg says. But that's also due to the recent increase in rents in the area.

The median rent for a one-bedroom in a doorman building in LIC increased from $2,825 in 2011 to $2,890 in 2012, according to data from marketing firm Nancy Packes.

Another reason is that banks have been reluctant to finance condos in the borough, experts say.

Small move toward condos

Some developers have turned to condos, especially in LIC, where some units sell for more than $1,000 per square foot. Rising Developers Group has plans for a 10-story mixed-use project at 42-60 Crescent St.

"No one could have predicted the market we're in right now, so they all went full steam ahead with their rental projects," says Rick Rosa, the manager of Douglas Elliman's LIC office. "Now, you have all these renters who want to buy, so people are shifting their gears."

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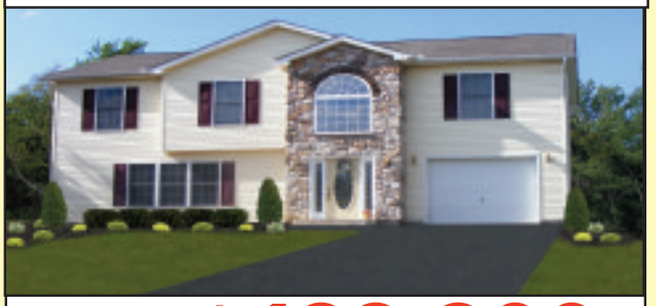

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Forget spring! Now is a great time to plant

See more at www.metro.us

Don't let raking leaves get you down — save them for spring mulch.
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Landscaping. Don't put away that hoe just yet. There's plenty of gardening to be done.

Surprisingly, fall is not only cleanup time in your garden, it's also a great time to do some planting. Summer heat can be stressful for plants dealing with transplant trauma, but the cooler weather in fall gives them plenty of time to get established in their new homes before the soil freezes this winter.

Plant some greenery

In our region, fall is actually the best time to plant a new lawn. The ground is still warm but the moderate daytime temperatures mean that you may not have to water every day — but you will want to water several times a week.

Use a starter fertilizer when you sow the seed and then fertilize again three or four weeks later, and you should have a thick, healthy new lawn by Halloween.

As with grass, bigger plants appreciate the warm soil and sunny days of fall, and as with grass, you'll want to water trees and shrubs deeply and often while they settle in. There is one difference though: Don't add compost or fertilizer to the planting hole. If the soil immediately around the root ball is too rich, the roots will stay put instead of spreading out into the surrounding soil, which can permanently stunt the plant's growth. Also, don't prune the new plant — that just encourages it to put out new leaves, and you want it to concentrate on its roots.

Bright blooms

Go colorful

Fall is also the best time to plant bulbs for gorgeous spring bloom. In addition to daffodils — which come in a wide variety of shapes and colors — think about planting something new.

You can plant crocuses, or Siberian squills, which have a lovely bright blue flower, and snowdrops, which can bloom as early as February. All of these look great scattered around your lawn, or in a clump near the front door, where you'll see them every time you come and go.

If all you have is a deck or balcony, you can still enjoy spring bulbs. You'll need a big container — at least 2 feet wide — that has holes in the bottom for drainage. Add potting soil that drains well and plant the bulbs as deep as they'd grow in the garden: 6 to 8 inches for tulips and daffodils and 4 to 5 inches for smaller bulbs like crocuses.

You can plant them in two layers in the same pot for a more dramatic spring display. Water them well now, but after that you don't have to do a thing all winter.

Don't forget the leaves

After you rake your leaves, don't drag them out to the curb for pickup — "Autumn leaves are nature's gift, compost in the making," says Charlotte Kidd, owner of In The Garden Design, Care & Workshops in Flourtown. "They're packed with nutrition: chemical elements we can easily recycle right back into our gardens to feed our favorite plants."

Next spring, you can shred them for mulch or use them in your compost.

If you want to start now, "shred the leaves, then wet them and combine them with a nitrogen source like alfalfa meal or a compost starter," Kidd says. "Turn them occasionally till next gardening season," when you'll find plenty of uses for this rich leaf mulch.

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	3		$33,060** - $46,440
	4		$33,060** - $51,540
3 Bedrooms	4	$1,263	$37,890** - $51,540
	5		$37,890** - $55,680
	6		$37,890** - $59,820
4 Bedrooms	6	$1,416	$42,480** - $59,820
	7		$42,480** - $63,960
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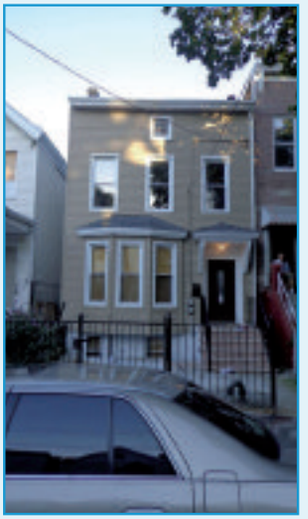

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The five senses of fall

Embrace autumn with plush throw pillows and scented candles. / PIER 1 IMPORTS

Get comfy. Now's a great time to make our homes cozier for the shorter, cooler days ahead.

We all switch our wardrobes with the cooler days of fall, digging out our favorite sweaters and swapping sandals for boots. Fall is also a great time to make our homes cozier for the shorter, cooler days ahead. "There are plenty of inexpensive ways to make your home more snuggly and inviting," says Heidi Techner, a professor of interior design. "My favorites ways all involve appealing to the senses."

Techner suggests candles to fill your home with the fruity and woody scents that evoke fall. She recommends soy-based candles as a healthier alternative to petroleum-based paraffin. If you're the forgetful type, you can get battery candles so you don't have to worry about remembering to put them out.

It's easy to appeal to the sense of touch — we all like to snuggle up and get cozy this time of year. Combine plush throws in great textures with new covers for your throw pillows and you'll create a sofa perfect for cocooning. "Try one in an on-trend faux fur animal print," recommends Susan Matthews, a decorator and home decor guest host for QVC. "They work as a neutral so they go with most decor styles."

The most important sense is sight. "Both candles and throws appeal to sight as well," Techner says. "They make great splashes of color against a neutral background." A more dramatic way to bring in that color, though, is paint. "You don't have to paint the whole room," she says, "you can just paint an accent wall, like the one your sofa or entertainment center is against, or your bed in the bedroom." She recommends dark red, forest green or chocolate brown for the most impact.

"My philosophy is, don't leave your style locked in stone," says Techner. "Change your home's accessories seasonally."

JUDY WEIGHTMAN
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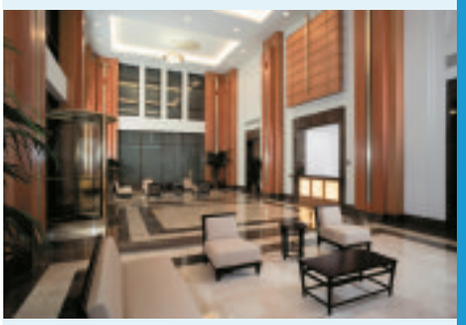

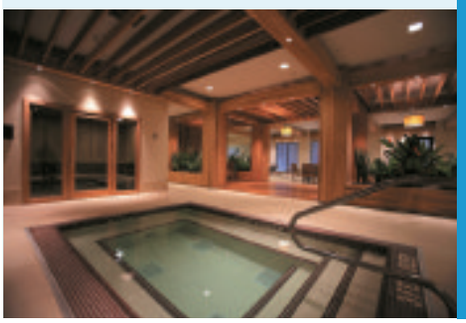

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A$AP Rocky says, "I appreciate and admire high fashion." / PROVIDED

A$AP Rocky: Stoner style

Profile. New York's rapper of the moment tells us why fashion is his biggest influence, amid a haze of green (money and Mary Jane).

"I'm not going to lie, drugs have influenced my life; I do smoke a lot of marijuana," slurs the guy who gave up dealing drugs two years ago. Even over the telephone, it's inarguably clear in his smoke-soaked voice. At this point, the interview mimics those post-party dead-hour stoner chats where conversation falls somewhere between the profound and the prosaic: "Smoking together, bonging together, that's where you meet some of your closest friends — it's like a token of friendship."

The combination of drug talk and toking has brought the hip-hop artist to his open-your-mind optimum, continuing: "It's an international language of love. There's no skin color barriers or no s— like that; everything is one color and that's purple, baby — everything is motherf—ing purple."

Quoted: A$AP Rocky

"Smoking together, bonging together, that's where you meet some of your closest friends."

Rocky is the ultimate hip-hop protagonist in a world where he's "free to do whatever I want." But like demigods before him, Rocky's success is sewn in that murky mortal world where the rise and fall of celebrity is celebrated in equal measure — a place where Rocky's not the master. Days before this interview, the 24-year-old (real name Rakim Mayers) was charged with assault after allegedly slapping a female fan at a festival in Philadelphia. His management was cagey: Rocky's stoned. You'll agree there's a certain irony in his "F—in' Problems" lyrics: "I love bad bitches, that's my f—in' problem." But as the Harlem-born rapper says, "You know, I'm not an angel, we all know that, but I do love good people."

"Love," or rather lust, is another liberal endeavor for Rocky. He's a boundless shagger of priapic proportions, with groupies genuflecting before the altar of the hip-hop collective A$AP Mob (Always Strive And Prosper.) He bagged a $3 million deal with Sony-RCA's Polo Grounds Music (the dollar sign in the crews' name now justified); and his debut album "Long. Live.A$AP" went straight to No. 1 on the Billboard 200. And "good" seems to refer to beautiful people: He's had a string of real and rumored dalliances with rapper Iggy Azalea, model Chanel Iman, who was by his side at the VMAs, and apparently Rihanna. But he is in fact, referring to Raf Simons, creative director at Christian Dior. Rocky loves clothes (Alexander Wang cast him in the Spring 2013 promo of his own diffusion line T by Alexander Wang).

Amid the fog of weed, there is some sense in Rocky's mellow world, but he'll need to convert more fans in chanting "Long. Live.A$AP."

RICHARD PECKETT
richard.peckett@metro.lu

His love of fashion

"Raf Simons is one of my biggest influences, he actually influences my music," he says.

The days of rappers name-checking those '90s household designers like Versace, Dolce & Gabbana and Tommy Hilfiger are over, but few — bar the new wave of artists like Danny Brown, Kendrick Lamar and A$AP Ferg — could academically discuss the finer points of Simons, Rick Owens and Jeremy Scott. Rocky's mix of high fashion and Houston screw (slow-style, doped-out drone) is what got the music and fashion worlds speaking A$AP. "I love Raf's style and technique. Every season he creates collections that are significant or relevant to him — they're clothes for rebels" — in other words, reefer-smoking rappers like Rocky.

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This past summer was calm, but terrible weather awaits us. It's helpful to be prepared, and thankfully there are plenty of emergency apps. The most comprehensive, ubAlert, brings together all manner of catastrophes — natural and man-made — throwing in a social media aspect. ReUnite is a network that helps people separated by tragedy to find each other.

But two apps think slightly outside the box. !Emergency! has a jokey name but it's no joke, instantly connecting you with 911 if you're in the U.S.; it connects you to the equivalent in other countries, too.

Wild Edibles is an app version of the life's work of "Wildman" Steve Brill, who's an expert on what to eat when you're stuck in nature. Brill knows which plants are most nutritious and, most importantly, not poisonous. Having his findings in interactive form is most handy — unless you're deep in reception-free country, where you should make sure to have the book with you as a backup.

Have the Biebs photobomb your pics with "Justin Bieber Me." / PROVIDED

!Emergency! sets you up with other countries' versions of 911. / PROVIDED

Justin Bieber Me

Price: Free to $4.99

Honestly, there are so many ways this time-wasting app could go. Does it photoshop one of Bieber's 'dos on your pictures? Does it take recordings of your voice and make you sound like a breathy, pre-pubescent boy?

Actually, it's just a photobombing program that puts the singer into any photo you'd like. Inevitably, this app has become popular enough that if you want more than the few pictures that come with the free version, you have to fork over cash. If you're the type who doesn't mind paying for money-burning novelty, have at it.

More apps

Help a hungry child with Feedie

In a time of tweeting, Facebooking and Instagramming our meals, one nonprofit has found a way to put all of those photos to use.

The Lunchbox Fund's new free app, Feedie, makes it possible to feed a South African child in need for a day just by doing what we already do — sharing our food experiences. Sign up to become a Feedie, find participating restaurants using the app map and upload a picture of your meal, and the representative restaurant will donate 25 cents, the estimated cost of a meal for a South African child, to The Lunchbox Fund. So far more than 65 restaurants are signed up worldwide, featuring well-known chefs such as Mario Batali and Daniel Boulud.

According to the fund, 66 percent of Americans eat out at least once a week and $1.7 billion is spent in restaurants daily. Feedie "aims to capture a fraction of this capital and use it to feed hungry children, keeping their bodies nourished and minds focused on their education," the organizers said in a release.

Sign up and read more about Feedie on www.wethefeedies.com.

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WHEN THE PERP IS THE HERP

I am freaking out that I might have been exposed to herpes! What can I do?

Herpes is a common sexually transmitted viral infection that may cause somewhat painful genital blisters. The Centers for Disease Control's most recent available statistics (2008) indicate that there are more than 24 million Americans with a genital herpes infection, and more than 760,000 new infections every year.

There are two viruses that cause the infection: HSV-1 and HSV-2. HSV-2 has been the predominant source of genital herpes, while HSV-1 causes oral cold sores and canker sores of the lips and mouth. But with changing intimacy practices, both viruses commonly cause genital herpes. Sex and oral sex can spread HSV-1 and HSV-2, as can kissing or even sharing a drinking glass with someone who has active cold sores.

The scary thing about genital and oral herpes is that the virus can be spread even when an infected person lacks visible sores. While symptoms of an initial infection classically include painful blisters on the genitals, lips or in the mouth, herpes infections may exhibit only mild irritation, tingling or itching, or be mistaken for another skin condition. Once exposed, it may take three to five days for a new infection to develop and blisters, called vesicles, to occur. The vesicles break after a day or two, leaving painful ulcers that can take two to three weeks to heal completely.

Subsequent outbreaks are often less severe, and may occur anywhere from every few months, to rarely, to never. There may be warning signs of a reoccurrence in the days preceding the onset of blisters, such as local pain or tingling, fever or general malaise. While the infection remains in the body forever, the immune system keeps it dormant and flare-ups usually decrease over time.

Your doctor can confirm whether or not you have herpes by doing a blood test, and with DNA typing or viral cultures from any lesions when present. Confirmation from a lab can sometimes be challenging as the presence of biological substances that identify the virus can vary with the timing of the exam and duration of symptoms, as well as in differentiating an old vs. new infection.

The treatment of primary HSV outbreaks, as well as reoccurrences, is with various prescription antiviral medications including valacyclovir and acyclovir. Use of latex condoms, abstinence and maintaining a monogamous sexual relationship with a partner known to be HSV-free are the most reliable ways to avoid infection.

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. Email him your questions at askdrmark@metro.us.

Just because you don't see any cold sores doesn't mean you didn't catch herpes. / WAVEBREAK MEDIA

Explaining the Affordable Care Act

See more at www.metro.us

Making sense of the new health insurance tiers

Bronze, Silver, Gold and Platinum: What's the difference in these new health plan coverage tiers?

Unlike with jewelry, these descriptors don't reflect the quality of insurance coverage. All plans offer coverage for all essential benefits mandated by the Affordable Care Act, such as preventive care, hospitalization and mental health care.

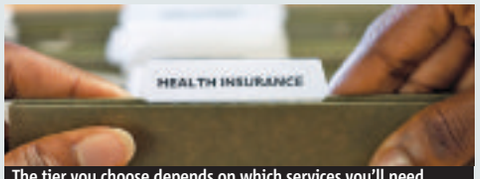
The difference is financial. The tiers refer to the share of health care expenses the insurer expects to cover for its aggregate group of enrollees. Bronze plans pay roughly 60 percent of the cost, Silver 70 percent, Gold 80 percent, Platinum 90 percent. These percentages are actuarial, meaning each individual's responsibility may vary.

The level of financial coverage for an individual can differ across plans since the mix of deductible, co-pay and co-insurance will vary, even among plans within the same tier. For example, one Silver plan may have a higher deductible than another but lower co-payments. Yet another Silver plan could have a lower deductible but a higher percentage of co-insurance for hospital care.

To select the best plan for your financial needs, understand the four components of your total health insurance costs: premium, deductible, co-payment and co-insurance. Your premium is the monthly fee that must be paid regardless of whether or not health care services are used. Your deductible is the amount that must be paid out of pocket before insurance starts to pay for coverage. Co-insurance is the percentage of the cost of a health care service that the individual pays (after the deductible is met). This is different from a co-pay, a flat fee for a certain service.

The bottom line is that your level of coverage depends on how much and what type of health services you use.

Every week, Archelle Georgiou, MD, clinical adviser at Healthgrades, will explain one facet of the Affordable Care Act.



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All about the just-approved antidepressant, Brintellix

Pill. The drug may produce fewer sexual side effects.

Nearly 15 million Americans suffer from major depressive disorder, the leading cause of disability for adults between 18 and 44 years old, according to the National Institute of Mental Health. Worldwide, fewer than half get the treatment they need. But a new kid on the serotonin block is offering new hope for effective treatment: Last week, the Food and Drug Administration approved Brintellix (vortioxetine), a serotonin reuptake inhibitor for the treatment of major depression.

Major depressive disorder is characterized by symptoms — such as low mood, loss of interest, fatigue, insomnia, difficulty concentrating and changes in appetite — that persist every day for at least two weeks, says Dr. Michael Thase, professor of psychiatry at the Perelman School of Medicine at the University of Pennsylvania in Philadelphia and one of the consultants who advised on the study of Brintellix by developers Takeda Pharmaceutical Company Limited and H. Lundbeck A/S.

BRINTELLIX IS A SEROTONIN REUPTAKE INHIBITOR, BUT NOT AN SSRI.

The way the medicine works is "a complex process," Dr. Thase explains. "It's like putting a key into a lock: Once reuptake of serotonin is inhibited and more neurotransmitter is available in the synapse (an area that permits neurons to pass signals to other cells), changes happen inside the neurons and in genes that affect the stress response, which in turn can improve mood and other related symptoms."

All antidepressants have that potential, but what's different about Brintellix, Dr. Thase says, is that it has three other effects on other aspects of serotonin transmission, which might broaden its profile of response or lessen certain side effects — such as fewer sexual side effects — than currently available medications.

One study showed Brintellix might also help improve cognitive symptoms of depression, such as concentration, Dr. Thase says. But more studies are needed before the FDA will allow the company to advertise these potential secondary benefits.

VIRGINIA PELLEY
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Depressed in America

15M

Nearly 15 million Americans suffer from major depressive disorder, the leading cause of disability for adults between 18 and 44 years old, according to the National Institute of Mental Health. Worldwide, fewer than half get the treatment they need.

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This week in health news

Vegetarians tend to be slimmer than meat eaters

Location of study: U.S.
Study subjects: 71,751 people
Results: Despite eating the same amount of calories, vegetarians tend to have lower BMI than non-vegetarians, with vegans being the most slender of all, according to researchers from Loma Linda University. The study, which will be published in the Journal of the Academy of Nutrition and Dietetics, noted that although low dietary intakes of vitamin B-12 and D, calcium, n-3 fatty acids, iron and zinc in strict vegetarians had been a concern, vegetarians' intake of these nutrients was above minimum requirements.
Significance: This is more evidence supporting the argument to go meat-free.

No word on if going vegetarian makes you more attractive, but this man presents a compelling case, yes?
WAVEBREAK MEDIA

Wild blueberries are bursting with heart-healthy compounds

Location of study: Germany and the U.K.
Study subjects: 21 healthy men, aged 18-40
Results: Wild blueberries are being touted as boosters to vascular function, helping the heart pump blood through the body, according to European researchers. Healthy, elastic blood vessels help push blood through the body, which means that the heart doesn't have to work so hard. Researchers specified that wild blueberries, which are high in polyphenols, have a more positive effect over commercially grown fruit. They also said that as little as 3/4 cup of wild blueberries — about the amount contained in a smoothie — was all it took for a positive impact.
Significance: Easing the heart's workload might decrease the risk of developing cardiovascular diseases. The heart's blood vessels are also an indicator of overall vascular health.

Debit card-only payment school cafeterias may add to childhood obesity problem

Location of study: U.S.
Study subjects: 2,314 students
Results: A new study claims school cafeterias that accept only electronic payments unwittingly promote consumption of more junk food, and in greater amounts. The study, conducted by Cornell Center for Behavioral Economics, is published in the journal, Obesity. Behavioral economists David Just and Brian Wansink found that students in first through 12th grades at debit/cash cafeterias consumed about 721 calories for lunch, compared with 752 calories at debit-only schools.
Significance: About 80 percent of schools use debit cards or accounts that parents can add money to for cafeteria lunch transactions. Adopting cash-only policies for snack foods like cookies and chips would "encourage students to think twice before making their selection," say Just and Wansink.

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• My toenails are streaked, discolored, thickened.
• The side of my toenails dig into the skin and hurt.
• I have a large bump behind my big toe (or little toe) which is always red.
• I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
• My toes aren't straight - they are crooked, bent and hurt.
• I have painful calluses on the ball of my foot which keep building up.
• I have corns on my toes which get thicker no matter what shoe size I wear.
• The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
• I have cramps in my legs which always happen when I walk the same distance.
• My ankles are swollen most of the time.
• My feet are always dry and scaly - sometimes they itch.
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Horoscope

♎ Libra | Sept. 23-Oct. 22. You should stick close to home today because a problem while traveling will stifle success. Go over your professional options.

♏ Scorpio | Oct. 23-Nov. 21. Widen and deepen your knowledge, interests and friendships. Make changes at home that allow you to take on creative tasks.

♐ Sagittarius | Nov. 22-Dec. 21. Stick to the truth when discussing personal matters with anyone who will be affected. A change of attitude will lead to personal freedom.

♑ Capricorn | Dec. 22-Jan 20. You've got all the right moves and the expertise to help you get your way. Persistence will pay off.

♒ Aquarius | Jan. 21-Feb 18. Work will offer an interesting turn of events. Your options will increase, and the chance to engage in something that will expand your skills should be taken.

♓ Pisces | Feb. 19-March 20. Keep a clear head and a set destination in mind. Don't let yourself be sidetracked by someone playing with your emotions. Finish what you start.

♈ Aries | March 21-April 20. Travel mentally or physically, and you will learn something new. A change of attitude will help you revisit the past and help you avoid a mistake.

♉ Taurus | April 21-May 21. Keep your temper under control. Parity will be required if you want to keep your relationships moving along without a hitch.

♊ Gemini | May 22-June 20. Your contribution to a cause will raise your profile. Someone will offer you what appears to be an opportunity.

♋ Cancer | June 21-July 22. Put your happiness first. Lean toward activities that capture your attention. What you share with acquaintances will change the way you do things.

♌ Leo | July 23-Aug. 22. Welcome change with open arms, but first obtain the blessing of those affected. Love and romance will ease stress.

♍ Virgo | Aug. 23-Sept. 22. Get things out in the open, where you can filter through all your options and the suggestions you receive. BERNICE BEDE OSOL

Sudoku: Easy and hard

6		9	5			3		
	7		3	9				
	3	4		7				6
2	8		4		3			
			7		9		6	2
1				5		9	2	
				1	2		3	
		2			4	8		7

	9	2			7	4		
3				6	9			2
4	8		5				3	
5								
	4		9	7	8		5	
								4
	2				5		9	7
9			7	8				6
		4	3			8	2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Divorce is no casual matter

Re: 'Splitsville? How to divide your property' (Metro, Oct. 8) I was appalled at the casualness with which this article was presented. Divorce, although not at all uncommon, is still a heavy situation to deal with, and never something that should be labeled as "Splitsville." The article is presented as a manual for divorce that will be useful for anyone and everyone. It's pessimistic, to say the very least.
MELODY SCHARFF, VIA EMAIL

Dislike of taxes does not make one racist

Re: 'Tea party agenda has antebellum echoes' (Metro, Oct. 8) Letter writer Rebeca Taub forgot to follow through with the liberal playbook when she said the Tea Party should be called Confederates. She only hinted at what she meant. All good liberals know that when you've run out of arguments you just call the other side racist. She forgets that Obama already got to tax the rich when she says that "the insufficient revenue causes the debt to rise." Of course! THAT's what's causing all our debt! Not the uncontrolled spending spree. But don't worry. The multiple hidden taxes in Obamacare will raise plenty of revenue. Oops! I forgot. All that new revenue will go to trying to pay for a new entitlement that will break the back of the U.S. economy once and for all. Please remember that "TEA" stands for Taxed Enough Already, which doesn't seem to be very racist in it's tone, does it?
FRANK DIXON, VIA EMAIL

letters@metro.us

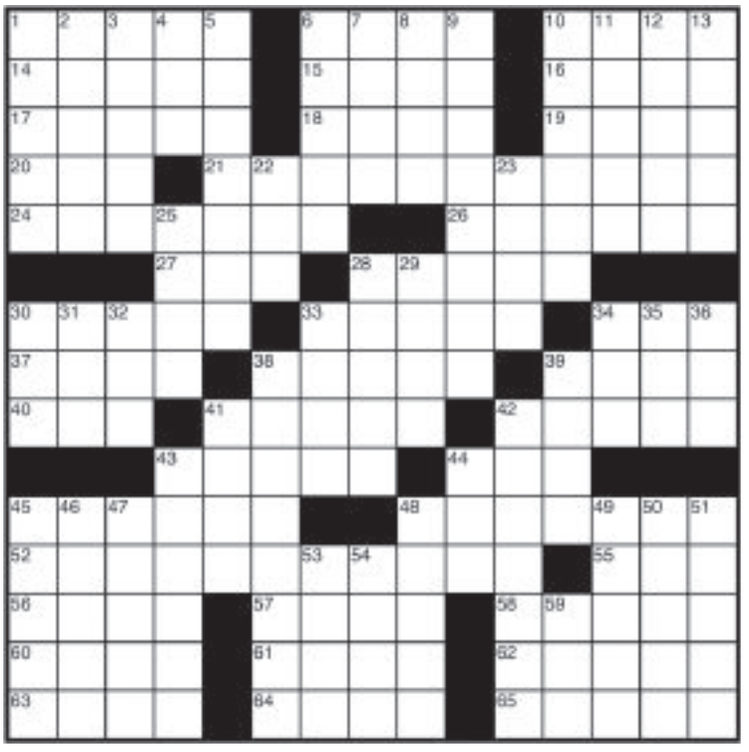
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Chaplin persona
6 Molecule component
10 Long-legged
14 Vietnam's capital
15 Polynesian image
16 — vera lotion
17 Simpleton
18 Mr. Greenspan
19 1492 caravel
20 Cole or Turner
21 Performed with zills (2 wds.)
24 Step-by-step
26 Expresses scorn
27 Elev.
28 Change a bill
30 Solemn watch
33 Peachy-keen
34 Monastic title
37 Upper limbs
38 Shopping plazas
39 Faint, with "over"
40 Insect resin
41 "Final answer?" asker
42 Turnpike exits
43 Aerobic measure
44 Fleming of spydom
45 Lend a hand
48 Brake sound
52 "No problem!" (3 wds.)
55 Mexican Mrs.
56 Give off fumes
57 Coffee-break treat
58 Military posts
60 Horrible boss
61 Ground corn
62 All thumbs
63 Fit together
64 Catch sight of
65 Try a mouthful

Down
1 Object
2 Speeder's undoing
3 Loos or Bryant
4 Meadow plaint
5 "Little Rascals Dog" (2 wds.)
6 — — costs
7 Money drawer
8 Hunky-dory
9 Attitudes
10 Caught some rays
11 Mrs. Kramden
12 Solitude enjoyer
13 Conducts
22 Nibble on
23 Cato's year
25 Podium
28 Hawk's lair
29 Tangles
30 — Kilmer of "Heat"
31 Rollover subj.
32 Truck mfr.
33 Badgers
34 Not masc.
35 Gym iteration
36 Pacino and Unser
38 "The Velvet Fog" (2 wds.)
39 Welles' Citizen —
41 Ploy
42 Cheese dish
43 Kind of fence
44 "Ugh!"
45 Tarmac area
46 Prolonged attack
47 Tarot readers
48 Astronaut -- Ride
49 Winding curves
50 Moved slowly
51 Urgency
53 Adversaries
54 Peal of thunder
59 Wheel buy (2 wds.)

Yesterday's answer



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3

SPORTS

In the money

Yanks talk Cano contract

Yankees managing general partner Hal Steinbrenner made the media rounds yesterday where he was asked about the contract talks with free agent Robinson Cano. He was candid in saying the team did not plan to offer a 10-year deal as Cano's representatives were floating recently. He did say he was "optimistic" about re-signing the All Star though.

Watch online

Find videos and recaps of every Jets and Giants game the following day all season long at: **Metro.us/sports.**

Geno Smith was 16-of-20 for 199 yards and three touchdowns for his best performance of his young NFL career. / GETTY IMAGES

Blueprint: Fewer errors, more Geno

NFL. Smith may not be fully developed as a QB, but he won the game for the Jets on Monday.

It may be too early to declare Monday night's win a statement game for the Jets — and it is certainly too early to say their young quarterback has arrived — but in their improbable comeback win against the Falcons, the Jets have their blueprint for the remaining 11 games.

Head coach Rex Ryan said his 3-2 team played "fearless" in upending the Falcons who a season ago were a game away from the Super Bowl. But more than anything schemewise from the Jets, the team limited their mistakes including no turnovers. After committing 20 penalties in Week 3 and 10 penalties last Sunday, the Jets had six penalties for just 24 yards on Monday.

"The biggest thing I'm proud of is that we did not turn the football over," Ryan said. "We were not reckless. We were just the opposite — we were fearless. That's how we have to play."

The poster boy for the Jets success was Geno Smith, who had yet to put together a complete game in his young NFL career. He was smart and efficient with the ball and, in the fourth quarter, he was composed in leading the two-minute drill to set up Nick Folk's game-winning 43-yard field goal as time expired.

Smith said he "needed to change [his] mentality" and eliminate the mistakes from the previous week. Smith had four turnovers — two fumbles and two interceptions — which led to 28 points for Tennessee last week.

There was talk throughout the week that the Jets would simplify things for Smith. On Monday night, he paid back a coaching staff that showed only confidence in his ability.

"Everyone has complete confidence in me and that's great to have guys like that on your side with the way I've played the past four weeks," Smith said. "They told me to go out there, let it rip [and] play with no conscience. I went out there and made the check. It worked out for us."

KRISTIAN DYER
sports@metro.us

Who you calling rookie?

Falcons safety William Moore was not enamored of his team's, or Smith's, performance late.

- "He's a rookie and we made him look like a 10-year veteran," Moore said of his team's inability to stop Smith on the final drive.

MOORE WAS A PRO BOWLER FOR ATLANTA LAST SEASON. GETTY IMAGES

Winslow whines

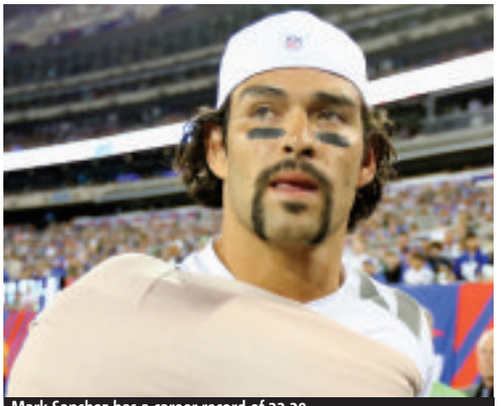
Winslow not in good mood

The Jets picked up their biggest win of the season Monday, but that wasn't enough to put Kellen Winslow in a good mood.

The tight end, who had a 1-yard touchdown catch in the win, refused comment after the game. Geno Smith admitted in his postgame comments Winslow had been "frustrated" in the game. When asked for his reaction, Winslow delivered a brusque message: "I don't think that would be a good choice." **METRO**

Jets finally pull plug on Sanchez's season

NFL. The Jets' starting QB for the past four seasons is done for the season after surgery.



Mark Sanchez has a career record of 33-29 in 62 starts for the Jets. / GETTY IMAGES

While it wasn't a very well-kept secret, the Jets did officially announce yesterday evening that Mark Sanchez has undergone season-ending right shoulder surgery.

Sanchez injured the shoulder in the third preseason game on a hit from Giants defensive tackle Marvin Austin in the fourth quarter. Head coach Rex Ryan received criticism at the time for having his incumbent starter play behind a patchwork offensive line in meaningless action.

Dr. James Andrews, who consulted with Sanchez in the weeks after the injury, performed the surgery yesterday.

"After over seven weeks of hard work and intense rehab, I've been advised by Dr. Andrews and other doctors that my shoulder injury clearly needs to be addressed surgically," Sanchez said in a statement. "The injury was recovering at an encouraging rate early on, and I avoided surgery as long as I could, but ultimately I was counseled by the doctors that they simply would have to repair my shoulder.

Contract figures

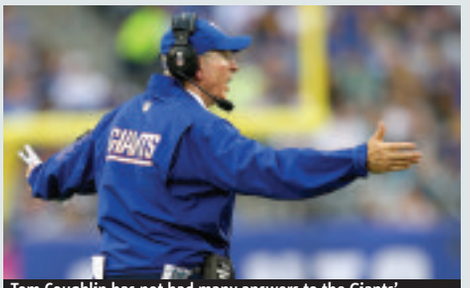
With Geno Smith off to a good start, Sanchez's days in New York could be numbered.

- Sanchez signed a five-year, $58.25 million extension before last season.
- The good news for the Jets, if they want to cut him, is only $20.5 million was guaranteed — all of which was paid in 2012-13 and 2013-14.

"I'm very disappointed that I can't be out there to help my team on the field, but I'll continue to help our team in whatever capacity I can."

MARK OSBORNE
mark.osborne@metro.us

Bears are next



Tom Coughlin has not had many answers to the Giants' early-season struggles. / GETTY IMAGES

Giants already focusing on next game plan

The Giants have little turnaround to game plan for the Bears since Wednesday is a travel day, so they wasted no time in developing a blueprint to end their current winless streak.

"Very little sleep," head coach Tom Coughlin said. "We're so busy today and I suppose it is a good thing. … We already spent our time [on Monday] in reflection [on the Eagles' loss]. Time spent [and] it wasn't very pleasant, [but] time to move on."

The fourth quarter has been a killer for Big Blue, as they've been outscored 61-21. That's a recipe for failure, no matter how good a team is supposed to be.

"There's no simple formula. I'm not going to give you one statement that answers all," said Coughlin. "We just have to go back to work. We have to go back to work and we have to do a better job. We've got to figure out how to solve this issue." **TONY WILLIAMS**

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NFL power rankings | by Mike Greger

No. 1

Broncos (5-0)

Peyton Manning can send Tony Romo a gift basket for letting him off the hook. Denver usurped the throne from Seattle, but we still aren't sold until they beat a dominating defense. By the way, how mad did Manning look when coach John Fox made him run out the clock and settle for a game-winning field goal, instead of letting him score a touchdown?

No. 2

Saints (5-0)

What would the over/under be for a Broncos-Saints Super Bowl? This had to be Roger Goodell's vision.

No. 3

Colts (4-1)

We're calling the Colts legit after having taken down two NFC heavyweights in San Francisco and Seattle.

No. 4

Seahawks (4-1)

We actually predicted the upset in Indy. Seattle is a different team on the road, but more than capable of winning a title.

No. 5

49ers (3-2)

Great teams win games they're supposed to, and the Niners absolutely buried the down-and-out Texans.

No. 6

Chiefs (5-0)

How is undefeated Kansas City this low? Well, they haven't exactly been knocking off NFL juggernauts (sorry, Dallas).

No. 7

Patriots (4-1)

Win and everyone is praising Tom Brady's greatness. Lose, and questions about their lack of weapons persist.

No. 8

Packers (2-2)

Everyone knows the Pack can score, but the defense isn't championship-caliber — especially after losing Clay Matthews.

No. 9

Bengals (3-2)

It's hard to read the Bengals. They lose to the Browns, then shock the Pats. One thing we know, keep running it.

No. 10

Ravens (3-2)

It was nice to see the run game resurrected. Credit a healthy Ray Rice. He ran for 74 yards and was a threat catching passes.

No. 11

Titans (3-2)

We're not sure who even plays for the Titans, but this no-name offense/defense is never out of any game.

No. 12

Cowboys (3-2)

Hard to believe Dallas was less than two minutes away from making a huge jump up the ranks. Then Tony Romo happened.

No. 13

Bears (3-2)

The Saints put down the blueprint for beating Chicago: Play keep away from the NFL's fourth-scoring offense.

No. 14

Dolphins (3-2)

They need to do something about protecting the franchise quarterback. Ryan Tannehill is NFL's most-sacked quarterback.

No. 15

Lions (3-2)

With all apologies to Reggie Bush, the Lions go as Calvin Johnson goes. When Megaton isn't playing, they aren't winning.

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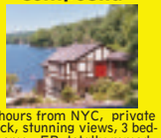

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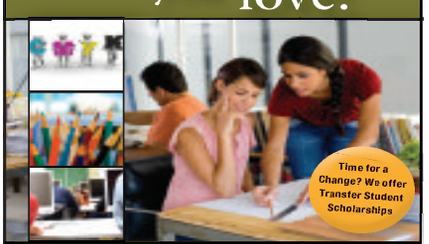

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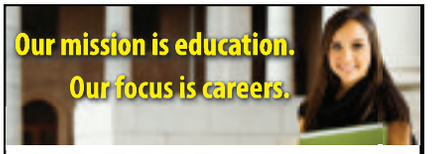

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NOTICE IS HEREBY GIVEN that a license, Number 1273483 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-13 150th Street, 2nd Fl., Flushing, NY 11355 for on-premises consumption. Old Days Corp.

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NOTICE IS HEREBY GIVEN thatalicense,Number1273990, for Liquor, Beer & Wine license has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1718 2nd Ave., New York, NY 10128 for on-premises consumption. Taijiyama Inc.

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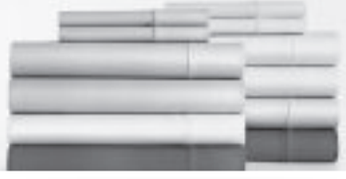

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